



Men and Women;  
29 & under, 30-37,  
38-44, 45-49 and  
50 & over

The race starts behind N-24 Gym on the corner of Farragut and Powhatan. After a quick sprint down Admiral's Row, the course then heads north along CV Towway out along Iowa Point. After completing the loop around the fishing pier and Salt Marsh Park, the race then heads back in the same direction, finishing up in the back of N-24 Gym on Pocahontas.

Awards will be given to the top three men and women in each division.

The first 500 registered participants will receive a T-shirt. Participants must run or walk on race day to receive a T-shirt.

445-1519 or 444-2276

**Hall**  
AUTOMOTIVE

**NAVY  
FEDERAL  
CREDIT UNION**

*American-Amicable Life*  
*Faithful Protection*

**Thursday, May 13**  
**11:30 a.m.**  
**N-24 Gym**

Entries may be returned to any  
Naval Station Gym or the  
NH-30 Fitness Center at NSA.

The U.S. Navy does not endorse any product or service.



Naval Station Norfolk  
N-24 Gym  
1682 Piersey Street  
Norfolk, VA 23511

Thursday, May 13  
11:30 a.m.  
N-24 Gym  
Naval Station Norfolk

Name (Last, First, MI) Leave space between name

[illegible]

Phone Number (include area code)

[illegible]

Sex

7

Command

[illegible]

Age on race day

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I know that running a road race is a potentially hazardous activity. I should not enter the race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants and the effects of weather. I grant permission to use any photographs, video recordings or any record of this event for legitimate purposes.